

15 JANUARY 2015

Pass it on...

ADVISORY - HOLIDAY GATE CLOSURES

Gate 2, Gate 6, Gate 19 and the Vehicle Registration Office (VRO) will be closed on Jan. 19 in observance of the Martin Luther King Day. They will reopen for normal business on Jan. 20. Normal business hours for the VRO are 7:30 a.m. to 4:30 p.m. Gate 2 hours are from 5 a.m. to 9 p.m. Gate 6 and Gate 19 hours are from 5 a.m. to 6 p.m.

AFTER HOURS HEALTHCARE

USE THE EVANS EMERGENCY ROOM, NOT OFF-POST URGENT CARE CENTERS/STAND-ALONE EMERGENCY ROOMS -- TRICARE Prime beneficiaries who have non-life-threatening, urgent health care situations after normal hospital duty hours or on weekends and holidays SHOULD call the Nurse Advice Line at 524-CARE(2273) option #3 AND can seek care at the Evans hospital Emergency Room. BENEFICIARIES WHO ARE IN THE LOCAL AREA ARE REQUIRED TO GO TO THE EVANS HOSPITAL EMERGENCY ROOM FOR THEIR URGENT CARE NEEDS; they SHOULD NOT go to off-post Urgent Care Centers or stand-alone emergency rooms.

Beneficiaries may have noticed several stand-alone "Emergency Rooms" and "Urgent Care Centers" in the Colorado Springs region. These facilities are not TRICARE-covered options; if beneficiaries choose to go there, they may be subject to A BILL THAT TRICARE WILL NOT COVER or be asked to pay out-of-pocket during the visit. TRICARE has always required all urgent care requests to be pre-approved prior to a beneficiary seeking care at a community Urgent Care Center. A new Evans hospital policy restricts its providers from authorizing after-hours urgent care to all but those who are out of the local area. The Evans Hospital Emergency Department is staffed with both emergency care physicians as well as physician assistants who staff an urgent care option. This helps minimize the wait times for less urgent concerns. So, when you need non-life-threatening, urgent health care go to the Evans ER, not to a downtown Urgent Care Center! OF COURSE ALWAYS GO TO THE EVANS EMERGENCY ROOM WHEN YOU HAVE A TRUE EMERGENCY.

AUTISM PARENT EDUCATION NIGHT (FLYER)

PARENT EDUCATION NIGHT

"5 KEYS TO MANAGING ANY PROBLEM BEHAVIOR"

Discussion led by one of our own leading behavior experts, Shacara Quarles.

Parent education nights are opportunities to learn from experts, meet other parents, and continue to build the Autism community.

Movies and social games for the kids and light refreshments for parents.

Please RSVP to skelly@havenllc.com or 719-540-2143

 **Family SUPPORT CENTER**
Warrior Support • Family Harbor • Autism Center

Wednesday January 14, 2015
7:00pm

Colorado Autism Center Program – North Office
6160 Tutt Blvd Suite 120
Colorado Springs, Co 80922



BASIC TRAINING FOR NEW MOMS BY ACS (FLYER)

 **BASIC** 

'TRAINING

For NEW Moms

3rd Tuesday of each month

———— 9 to 11 a.m. ————

For more info, call (719) 524-1991 or register at www.carson.army.mil/acs

CYSS CARE EXPANDED (FLYER)



**U.S. Army Child, Youth
& School Services**

NOW AVAILABLE TO ALL FAMILIES!

Saturday care is available every Saturday at Cheyenne Mountain CDC for children in kindergarten and younger. Care for children in 1st-5th grade is available between 12---1700 at Patriot School Age Center, Bldg 6204 ~~Harr~~ Ave.

Friday Date Night takes place every first Friday of the month, and is provided at Cheyenne Mountain CDC, Bldg. 6203 for children 6 wks-12 years old. Care is provided from 18:30-22:30

Space is limited!!!!!!!

Confirmed reservations are required for all care

For reservations please call 524-2463 or 524-4218

Reservations are taken up until Wednesday at 1500 prior to the Friday/Saturday requested.

COST

Deployed families can use their 16 free hours, and pay a discounted rate of \$2 per hour after the free hours are used. These services are available 30 days prior to sponsor deploying, during deployment, and 90 days after return from deployment.

Non-deployed families will be charged \$4 per hour, per child

All children must be registered with CYSS to participate in these services

There will be no Saturday care on 27 December 2014 and 3 January 2015

For more information please call 526-1101 or 526-8820, or stop by Parent Central Services, Bldg.1518 Prussman Blvd.

EFMP EVENTS COMING UP (FLYERS)

****EFMP Sensory Movie Night featuring "How to Train Your Dragon 2"**

The EFMP Sensory Movie night will be Friday, January 23, 2015 at 6:00pm at the Freedom Performing Arts Center Bldg 1129 (corner of Specker and Ellis). The event is free for Active Duty and Retired Army ID card holders who have a dependent with sensory processing issues.

The lights will be left on, the sound will be turned down some, and the children are free to get up move and walk around. Parents are welcome to bring kid friendly snacks.

EFMP Sensory Movie Night

Join us for a Family Friendly Sensory Experience

On Friday, January 23, EFMP will be holding their quarterly Sensory Movie Night Event. This event is for Exceptional Family Members with sensory issues that may limit their ability to watch movies in a movie theater.

To meet our EFM's sensory needs the lights remain on in the theater, the sound is turned down and individuals are free to move around when they feel over stimulated.

This quarters showing is How to Train Your Dragon 2



Location: Freedom Performing Arts Center bldg. 1129
Time: Friday, January 23, from 6:00pm to 8:00pm
Although you do not have to RSVP for this event parents can register to attend the EFMP Sensory Movie Night event at www.eventbrite.com. Search for EFMP Sensory Movie Night, and select the number of attendees (website will prompt you to purchase ticket, the purchase a ticket option is simply reserving your spot. THIS IS A NO-COST ACTIVITY).

A Family Friendly Sensory Experience



****Ft. Carson EFMP Meet-up (formally EFMP Special Needs Activity Group (SNAG))**
The Exceptional Family Member Program (EFMP) & New Parent Support Program (NPSP) facilitate a monthly meet-up group for parents of special needs children called EFMP Meet-up. The EFMP Meet-up is a GREAT place for parents of children who have health needs/concerns such as: Allergies, G-tube feeding, Autism Spectrum Disorder, learning disabilities, ADHD, Downs Syndrome, etc...to give and receive support from other parents as well as discuss special needs topics.

EFMP Meet-up group schedule:

- Monday, January 26 (9:00am to 10:30am)
- Monday, February 23 (9:00am to 10:30am)
- Monday, March 30 (9:00am to 10:30am)
- Monday, April 27 (9:00am to 10:30am)
- Monday, May 25 (9:00am to 10:30am)

Meeting location is The Family Connection bldg 1354, Berkeley. Parents are encouraged to come to the group, even if their children cannot attend. If your children will be attending the group with you, you must RSVP to Jessica Brown or Sunny Ginter at (719) 526-4590. Parents can also register to attend at www.eventbrite.com. Search for Ft. Carson EFMP Meet-up, and select the number of attendees (website will prompt you to purchase ticket, the purchase a ticket option is simply reserving your spot. THIS IS A NO-COST ACTIVITY).

EFMP Meet-Up Group

Parent to Parent Support & Education



The Exceptional Family Member Program (EFMP) & New Parent Support Program (NPSP) facilitate a monthly activity group for parents of special needs children called EFMP Meet-Up Group, formally known as SNAG.

EFMP Meet-Up group is a GREAT place for parents of children who have health needs/concerns such as: Allergies, G-tube feeding, Autism Spectrum Disorder, learning disabilities, ADHD, Down Syndrome, etc., to give and receive support from other parents as well as discuss special needs topics.

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EFMP Meet-Up Group meets the last Monday of every month. Meeting days may be adjusted due to the holiday or holiday week. Meeting location is the Family Connection Center, Bldg. 1354, on Berkeley Ave.

Parents are encouraged to come to the group, even if their children cannot attend. If your children will be attending the group with you, you must RSVP to Jessica Brown or Sunny Ginter at (719) 526-4590. Parents can also register to attend at www.eventbrite.com. Search for EFMP Meet-Up Group, and select the number of attendees (website will prompt you to purchase ticket, the purchase a ticket option is simply reserving your spot. THIS IS A NO-COST ACTIVITY).

Parent to Parent Support & Education







Exceptional Service
Exceptional Families

****Young Rembrandts- Winter Cartooning Class**

Young Rembrandts teaches drawing with a see-touch-do method that all children can succeed with, learn from, and love!

Location: Army Community Service Building 1526

Date: February 7, 2015

Time: 10:00am to 11:00am

Cost: \$10 per person

Students can expect a new, exciting cartooning lesson, improved core art skills, and to have fun!

Parents can expect increased attention to detail, improved fine motor skills, discipline, persistence, and patience.

More: Children with Autism or Special Needs are welcome to attend. Must be able to function in group setting or have an adult helper with them.

An RSVP is required as space is limited. Please contact Sunny Ginter or Jessica Brown at 719-526-4590.

A Special Event with
Young Rembrandts!



Winter Cartooning Class!
Young Rembrandts teaches drawing with a see-touch-do method that all children can succeed with, learn from and love!

Location: Army Community Service Building #1526

Day: Saturday, 7 February 2015

Time: 10:00am to 11:00am

Cost: \$10 per person

Students Can Expect
A new, exciting Cartooning lesson!
Improved core art skills
To have fun!

Parents Can Expect
Increased attention to detail
Improved fine motor skills
Discipline, persistence, and patience

More: Children with Autism or Special needs welcome to attend. Must be able to function in group setting, or have an adult helper with them.
An RSVP is required as space is limited. Please contact Sunny Ginter or Jessica Brown at 719-526-4590.



****EFMP Developmental Screenings**

Are you concerned about your child's development? Would you like to make sure your child is meeting his or hers developmental milestones?

The Exceptional Family Member Program and The Resource Exchange are partnering to provide Developmental Screenings to military children aged birth to 3 years old.

The Resource Exchange (TRE) has trained staff who provide standardized developmental screenings for infants, toddlers, and preschoolers. It is a quick and simple process where you can provide information about your child and receive information immediately following the screening.

When: Wednesday, March 4, 2015

Time: 10:00am-1:00pm

Location: Ivy Child Development Center

Address: 1879 Prussman Street, bldg 1840

Parents must be present for screening

Information on resources in the community will be available.

For more information, please contact Sunny Ginter or Jessica Brown at 719-526-4590.



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Information on resources in the community will also available

EL PASO COUNTY CITIZENS COLLEGE ENROLLMENT NOW OPEN (FLYER)

El Paso County News Release
200 S. Cascade Avenue
Colorado Springs, CO 80903
www.elpasoco.com



Commissioners
Dennis Hisey, Chair District 4
Amy Lathen, Vice Chair District 2
Sallie Clark District 3
Darryl Glenn District 1
Peggy Littleton District 5

For Immediate Release

Contact: Dave Rose
Public Information Officer
Phone: 520-6540 Cell: 337-9239
DaveRose@elpasoco.com

El Paso County Now Enrolling Students for 2015 Citizens College
Participants Will Receive Up-Close Look at County Government Functions and Services

El Paso County, CO., Monday, Dec. 29, 2014 – Enrollment is now open for the 2015 El Paso County Citizens College. This year's College will take place on consecutive Saturdays, Jan 24 and 31, with classes beginning at 8:30 a.m. and concluding around 5:00 p.m. both days.

Citizens College provides participants the opportunity to learn in a classroom-style, accelerated-education environment about the multi-faceted, statutory functions and customary services El Paso County government provides to residents, businesses and visitors. County Elected Officers, Administration Officials and Affiliated Agency representatives serve as College instructors for the attendees. Citizens College is an annual event sponsored by the Citizens Outreach Group (COG) – a citizen-based volunteer committee with a mission to help citizens understand County government and encourage their engagement and participation.

The 2015 Citizens College will cover a wide range of topics including: County Government 101, Public Safety, Criminal Investigations and Prosecution, Elections, Motor Vehicle Operations, Public Health, Road and Bridge, Zoning and Code Enforcement, Parks and Recreation, Veterans Services, Child and Adult Protective Services, Economic Assistance Programs, Property Taxes, Budget and Environmental Services. Students will have the opportunity for extensive Q&A with their County elected officials.

This year's El Paso County Citizens College will feature increased use of multi-media tools and interactive exercises to help students better understand County government requirements, services, and programs. "Field trips" include a tour of the Criminal Justice Center and El Paso County Coroner's Laboratories where students can learn, first-hand about criminal investigations and criminal prosecution.

El Paso Board of County Commissioner Amy Lathen and Commissioner liaison to the COG has now participated in Citizens College as both a student and instructor. Lathen says, "As a former graduate of the Citizens College, I highly recommend this experience to anyone who wants a better understanding of how local government operates and what distinguishes us from other governing bodies."

For more information about El Paso County's 2015 Citizens College and to apply online, visit <http://www.elpasoco.com/citizenscollege>.

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FORT CARSON EDUCATION SPRING 2015 REGISTRATION



University of Colorado
Colorado Springs



PIKES PEAK
COMMUNITY COLLEGE



Military Spouse/Parent Friendly classes will be offered by PPCC in the Fort Carson Army Education Center starting in January.

- Scheduled to start at 8:00 a.m. or later to avoid time conflicts for parents with school-age children.
- Classes end at 2:05 p.m. before Kindergarten through Eighth Grade release at 2:25 p.m. (Based on Fort Carson K-8 school schedules).
- Classes are scheduled on Tuesdays and Thursdays to avoid conflicting with DONSA and holidays.
- Eight week terms scheduled back-to-back in the Spring and Fall semesters potentially allowing you to meet Federal Financial Aid Fulltime enrollment status requirements, but focus on two classes at a time.
- Many of the *MyC.A.A* eligible degree plans require these courses.
- Transferable course options that satisfy freshman/sophomore General Education Requirements for many degrees at UCCS and CSU-P such as nursing prerequisites, Social Work, and Elementary Education. See table below for guaranteed transfer equivalencies.
- Eligible for the 50% Spouse Tuition discount if you and your active duty spouse takes a PPCC class at the Fort Carson Education Center during the same term (see spouse tuition discount application for details on eligibility).

PPCC Course #	PPCC Course Name
AAA	109 Student Success
ANT	101 Cultural Anthropology:SS3
AST	101 Astronomy I w/Lab SCI:1
CIS	118 Intro to PC Applications
COM	115 Public Speaking
CSC	105 Computer Literacy
ECO	201 Principles of Macroeconomics: SS1
ENG	121 College Composition I
ENG	122 English Composition II: CO2
GEO	105 World Regional Geography:SS2
HIS	101 Western Civilization:HI1
HWE	100 Human Nutrition
MAT	107 Career Math
MAT	121 College Algebra:MA1
PSY	101 General Psychology I:SS3

UCCS Course #	Name
xxx	xxx
ANTH 1040	Intro to Cultural Anthropology
PES 1050/1090	General Astronomy II/Lab
INFS 1999TC	Info Tech & Bus Problem Solving
COMM 2100	Public Speaking
CS 1999TC	No equivalent
ECON 2020	Principles of Macroeconomics
ENGL 1310	Composition I
ENGL 1410	Composition II
GES 1980	World Regional Geography
HIST 1010 or 1020	The Ancient World or Medieval World
BIO 1050	Personal Nutrition
xxx	xxx
MATH 1040	College Algebra
PSY 1000	General Psychology

CSU-P Course #	Name
US 151	Intro to Academic Life
ANTHR 100	Cultural Anthropology
PHYS 110	Astronomy
CIS 100, 103, 104	Word, Power Point, Excel
SPCOM 103	Speaking and Listening
CIS 100, 103-105	Word, Power Point, Excel, Access
ECON 201	Principles Macroeconomics G-SS1
ENG 101	Composition I
ENG 102	Composition II
GEOG 103	World Regional Geography
HIST 101	World Civilization to 1100
BIOL 112	Nutrition
xxx	xxx
MATH 121	College Algebra
PSYCH 100	General Psychology



Fort Carson Education Center On - Post College Schedule Spring I 2015



PIKES PEAK COMMUNITY COLLEGE (PPCC) 20 Jan - 15 Mar

Subject	Course #	Section	Title	Days	Start	End	Class Type
HWE	100	9H1	Human Nutrition	T	0800	1045	H
MAT	050	56A	Quantitative Literacy	TR	0800	1125	C
AAA	109	9H1	Student Success	R	0800	1045	H
HIS	101	56A	Western Civilization	TR	1130	1405	C
COM	115	56A	Public Speaking	TR	1130	1405	C
CCR	092	9H1	Composition & Reading	TR	1130	1405	H
MAT	050	56B	Quantitative Literacy	TR	1730	2055	C
MAT	055	56A	Algebraic Literacy	TR	1730	2055	C
CCR	094	56B	Studio 121	MW	1730	2025	C
ENG	121	56A	English Composition I	TR	1730	2005	C
AAA	109	9H2	Student Success	W	1730	2005	H
AAA	109	9H3	Student Success	T	1730	2005	H
CCR	92	9H2	College Composition & Reading	TR	1730	2005	H
CSC	105	9H1	Computer Literacy	W	1730	2005	H
COM	115	9H1	Public Speaking	T	1730	2005	H

PIKES PEAK COMMUNITY COLLEGE (PPCC) 7 Feb - 2 May

Subject	Course #	Section	Title	Days	Start	End	Class Type
MAT	050	56W	Quantitative Literacy	S	0800	1230	C
CCR	092	9HW	Composition and Reading	S	0800	1145	H
CCR	094	56W	Studio 121	S	0800	1145	C
PSY	101	56W	General Psychology I	S	0800	1145	C
ANT	101	56W	Cultural Anthropology	S	0800	1145	C
CIS	118	9HW	Intro to PC Applications	S	1300	1450	H
GEO	105	56W	World Regional Geography	S	1300	1645	C
ENG	121	56W	College Composition I	S	1300	1645	C
AAA	109	9HW	Student Success	S	1300	1645	H

COLORADO STATE UNIVERSITY-PUEBLO (CSU-P) 5 Jan - 27 Feb

Subject	Course #	Section	Title	Days	Start	End	Class Type
SOC	421		Homicide, Courts, and Corrections	W	1715	2215	C

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU) 12 Jan - 15 Mar

Subject	Course #	Section	Title	Days	Start	End	Class Type
AMNT	270		Airframe Structures and Applications	T	1700	2020	EVC
ASCI	634		Aviation/Aerospace Psychology	W	1700	2020	EVC
MATH	211		Statistics with Aviation Applications	M	1800	2120	EVC
MGMT	311		Marketing	R	1700	2020	EVC

UNIVERSITY OF COLORADO-COLORADO SPRINGS (UCCS) 20 Jan - 16 May

Subject	Course #	Section	Title	Days	Start	End	Class Type
GPS	3010		Transition Seminar	M	1700	1900	H

Days: M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, A=Arranged Schedule
 Class Type: C= Classroom, H=Hybrid- combines classroom & online learning, EVC=Eagle Vision Classroom-LIVE Instructor webcast in classroom
 TBD=To Be Determined

GATE 3 EXPRESS TO CARRY SOME MILITARY ITEMS

Beginning Jan. 5, the Gate 3 Express will begin to carry some commercial military items normally purchased at the Military Clothing Store (MCS). These items include green and black fleece caps, reflective belts; physical readiness training and mechanic gloves, white and boot socks, tan T-shirts, pin-on and Velcro enlisted insignia, shower shoes, brown and white towels. Issue items can't be sold outside of the MCS due to purchasing requirements.

GET COLLEGE CREDIT FOR YOUR MILITARY SPOUSE LIFE

What if you could turn the hours you've spent running a unit Family Readiness Group (FRG) into college credit for a Management 101 course? Or have the time you've devoted to caring for your Wounded Warrior be recognized as credit for a health care class? Is there a way your life skills and work experience might reduce the costs and time it takes to pursue your continuing education goals?

Thanks to a new initiative from the Spouse Education and Careers Opportunity program of DoD's Military Community and Family Policy office, the answer is, "Yes!" SECO recently announced the start of its pilot LearningCounts program. In a partnership with the Council for Adult and Experiential Learning (CAEL), military spouses can turn their volunteer, work and life experiences into college credit.

As I recently learned from Lee McMahon, a SECO program analyst, LearningCounts is available to any spouse eligible for SECO programs. She told me that DoD was looking for an education resource for spouses who didn't qualify for MyCAA benefits, but it can also help those who are using MyCAA or who may have maxed out their MyCAA scholarship. It is hoped that LearningCounts will help any military spouse finish school by reducing costs and the time it takes to earn needed credits. The free program works two ways. You can choose between an instructor led, 6-week on line course or a do-it-yourself on line tool. Either option allows you the freedom to complete the work on your own time, at home, or on your lunch hour. McMahon explained that once connected with LearningCounts, spouses will work with CAEL experts on building a learning portfolio designed to translate your experiences into equivalent undergraduate college credit.

LearningCounts will best benefit those who are already pursuing a degree or are planning to attend school in the near future, and must take general education or foundation level courses McMahon told me. Counselors can help spouses match their previous experience to a particular course subject offered at their school, she said. For example, have you been the web master for a club or FRG? You may be able to have that work count as a basic computer course. Maybe you have been handling publicity for the installation Red Cross office or other organization. Your efforts could lead to credit for an equivalent Business Communications or Marketing 101 class. Been the treasurer for a scout troop, church or club? Showing what you've done through the learning portfolio may add three credits for Accounting 1 to your transcript.

She explained that the 6-week on line course requires participants to log in a few times a week to view instructor lessons and to get assignments which are due every Sunday. McMahon said the course work could take 10-15 hours per week. For spouses choosing this more structured option, they will also earn three credits for completing the course, in addition to the credits earned from their portfolio. For those who are comfortable working on their own, the self-paced, on line program might be best. There are 8 modules to complete that could take 4-6 hours to finish and then 5-10 hours of research and writing work to complete the learning portfolio McMahon said. She added that you don't need to have documented hours or references, but should have copies of any work you've done to include in your portfolio.

The first portfolio building sessions start January 26 and February 9, 2015. Interested spouses just have to call MilitaryOneSource - 800-342-9647 - and ask to speak with a SECO career counselor. They will evaluate your current education level or help get your continuing education started. McMahon said the counselors will then assist you with signing up for LearningCounts and match you with the portfolio course that meets your experience and needs.

INTIMATE ALLIES (FLYER)

"Intimate Allies" is a two-day couple's workshop where partners learn how to deeply connect and form a "Safe Haven" couples bond. Couples gain insight into their individual attachment styles, how to tame the dragons that arise during conflict and a plan to increase multiple dimensions of intimacy in their overall relationship. The workshop will be conducted Jan. 22-23 from 8:30 a.m. to 2 p.m. at the Army Community Service Center. Register for this free workshop at www.eventbrite.com. For more information, contact Dr. Ken Robinson at 524-1991.



ARMY COMMUNITY SERVICE
Soldier & Family Readiness Program

INTIMATE ALLIES

New 2 Day Workshop!

Couples Enrichment Seminar

January 22 & 23
8:30 a.m. to 2 p.m. / ACS Building 1526

For more information or to **REGISTER**, call (719) **526-8747** or 4590.

Eventbrite

IRON HORSE POOL CHANGES

--The Iron Horse Pool is reserved for active-duty Soldiers from 4-5:30 p.m. to conform to Fort Carson's new physical readiness training schedule. No civilian DOD card holders will be allowed in the main pool at this time. On Monday, Wednesday and Friday, the first 40 Soldiers will be allowed into the main pool. On Tuesday and Thursday, the PT time slot will be available by reservation only. During this time, the family pool will still be open for military Families but the diving board will be closed.

--The Nelson Pool is reserved for pregnancy PT only from 4-5:30 p.m. on Monday, Wednesday and Friday. There will be no PT conducted at the Nelson Pool on Tuesday and Thursday in order to maintain a swim lesson program for Fort Carson youth.

--In preparation for Iron Horse Week, the Iron Horse main pool will be closed Jan. 21 from 8-10:30 a.m. to perform a dry run for the event. From Jan. 27-29, the Iron Horse main pool will be closed for the actual Iron Horse Week events. The Family Pool will remain open on Jan. 27-29 but diving boards will be closed.

--During Iron Horse Week and PT times, there is a heavy volume of people on the deck. During Iron Horse Week, Families are encouraged to attend as spectators. During PT times, in order to get the most out of your Fort Carson Aquatic experience, the staff is encouraging civilian DOD card holders and military Family members to come during a different time.

--In addition to the above mentioned closures, the Iron Horse Family Pool will be closed all day Jan. 20-21 for routine maintenance.

IRON HORSE WEEK RUNS JAN. 26-30

Iron Horse Week will celebrate the heritage of the 4th Infantry Division and build esprit de corps within the units on the installation.

This year the events will focus on warrior tasks and skills. Events include a leadership reaction course, litter carry, litter pull, marksmanship, combatives basketball and flag football, a 2-mile installation run with Family members and many more events.

In addition to the sporting and Soldier skill events, Family events will be held during the week. Following the installation run and Iron Horse Week awards ceremony, brigades will hold barbecues at Iron Horse Park. A play and discussion, titled "Theater of War," and a Family movie night at the Fort Carson Special Events Center will also be held. While Family members of all ages are invited to participate in the installation run Jan. 30 at 3 p.m., pets will not be allowed. Families are invited to watch the events throughout the week.

MILITARY CLOTHING SALES TO ADJUST HOURS

Beginning Jan. 5, The Fort Carson Military Clothing Store (MCS) will be open Monday-Friday from 7:30 a.m. to 6 p.m. The MCS will open 30 minutes earlier so Soldiers can purchase items before reporting to duty. The store is open Saturday from 10 a.m. to 5 p.m. and closed on Sundays.

NO-COST ONLINE TAX PREPARATION AND FILING SERVICE

The Military OneSource no-cost, online tax preparation and filing service launches in early January 2015.

If you are eligible under the Military OneSource program, you can complete, save and file your 2014 federal and up to three state returns with a custom tool made available through the Military OneSource website. You must start your return from the Military OneSource online tax filing link to access this no-cost offer. This year, the tax preparation and filing tool allows you to include rental property income, second mortgages and charitable donations. The tool also has these new features:

- **Optimized for mobile devices.** Start, continue or finish your taxes on any mobile device from within a mobile browser.
- **Product customization for returning users.** Returning users now experience a much deeper customized interview focusing on everything we already know about you.
- **Refund Reveal™.** Use this feature to see how and why your refund amount increases or decreases.

If you created an account last year through Military OneSource, your login credentials for that account will still work and you will be able to access last year's personal tax information.

- For assistance logging in to Military OneSource, please call 888-363-6431 or submit a support request form.
- For technical assistance with the tax filing tool, please call 800-472-5625.
- To learn more about the tax filing service, please see the FAQs.
- For any questions regarding filing an extension through the software, please contact a Military OneSource tax counselor (800-342-9647) for further information.

The Internal Revenue Service will begin processing e-file returns during January 2015. If you complete your returns with the service offered through Military OneSource prior to the Internal Revenue Service processing date, your files will be held in a pending status. Once e-file opens, the system automatically submits the return to the Internal Revenue Service.

Military OneSource tax counselors

If you have questions about this tax service or about your own tax returns, please call 800-342-9647 and ask to speak with a Military OneSource tax counselor. Trained tax counselors are available Monday through Friday, 8 a.m. to 10 p.m.

Eastern time year-round and with extended hours during tax season: seven days a week from 7 a.m. to 11 p.m. Eastern time.

Reminders

- Be sure to access the online tax preparation and filing software through the link provided on the Military OneSource website.
- Remember to wait until you receive all of your W-2s and other tax documents before you file your return. Otherwise, you may have to amend your return.
- Remember that e-filing is subject to the Internal Revenue Service calendar. Though you may be able to complete your return, it will not be submitted to the Internal Revenue Service until the Internal Revenue Service begins accepting e-file returns. For more information, access the [IRS.gov](https://www.irs.gov) website.
- If you are prompted for payment of any kind while using the no-cost service, please call Military OneSource (800-342-9647) immediately for assistance.
- No-cost filing through Military OneSource allows for one federal and up to three state returns per user.

Best practices for filing your taxes

- Have all of your documents and information ready when preparing your taxes (Social Security number, Taxpayer Identification Numbers, W-2s, 1099 forms, expense documents, bank account information in case of refund, etc.).
- Be sure to disclose all of your income from the year (including wages, investments, etc.).
- Determine the best way to file for yourself (prepare your taxes online, paper file or take them to a preparer).
- File early (it's best to do it once you receive all of your documents, reducing the risk of misplacing them, reducing the wait time for receiving a refund and/or avoiding penalties for late filing).
- Know the deadline for filing your taxes (it is not always the same date every year).

Military W-2s

You may have access to military W-2s and other tax statements through your [myPay](#) account on the [Defense Finance and Accounting Service website](#). Please note that:

- A schedule for when these tax statements will be available on myPay or mailed to your address is usually posted on the [Defense Finance and Accounting Service website](#) between mid-November and mid-December each year.
- Service members who have separated may also access myPay for a year after separation. Therefore, it is important to keep myPay login information available, as it will save time when you are ready to file your taxes. For more information, visit the [myPay website](#).

NURSE ADVICE LINE

Fall is almost here, and that means weekend trips and holidays for the military Family. If you and your family have a medical problem while traveling this fall you can call the Nurse Advice Line (NAL) while on the road for all of your health concerns and needs.

The NAL is the Military Health System's new initiative to improve ready access to safe, high quality care. Calling the NAL gives you access to the advice you need at the right time. Call 1-800-TRICARE (874-2273), Option 1 [or (719) 524-2273, Option 3] to talk to a registered nurse (RN) who can answer your urgent care questions, give you health care advice, help you find a doctor or schedule a next-day appointment at a military hospital or clinic.

If you or a member of your family gets ill while you are traveling, calling the NAL can help you figure out what steps to take. The nurse will ask you questions about the symptoms that you or your family member are experiencing and provide advice on whether you need to seek care and when. When you are traveling, the NAL nurse will help you find a safe, high-quality health care facility in the TRICARE network. If you are a military hospital or clinic enrollee, the NAL will send a follow-up note to your primary care manager and medical team back home so they know how you are doing.

You can safely travel with TRICARE and the NAL. The NAL is available 24/7. For more information on accessing the NAL while on the go, visit <http://www.TRICARE.mil/NAL>.

PHOENIX MULTISPORT EVENTS (FLYERS)

Phoenix Multisport Colorado Springs

All events are free to participants.
Participants must have at least 48 continuous hours of sobriety prior to attending an event.

Always check www.phoenixmultisport.org, call the event leader, or call (719) 434-3387 for details on time and location for all events.

January 2015 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Yoga 5:30-6:30pm	2 Open Gym 3pm-9pm CrossFit 6pm-7pm Boxing level 1 7:15pm-8:15pm	3 CrossFit 10am-11am Boxing level 1 11:15am-12pm Open Gym 12:15pm-6:00pm ~Family Yoga 7-8pm
4 Mountain Biking 2-4pm	5 Climbing City Rock 6-9pm	6 Family Friendly Run Practice 5:30pm-6:30pm	7 Circuit Training 6-7pm	8 Yoga 5:30-6:30pm	9 Open Gym 3pm-9pm CrossFit 6pm-7pm Boxing level 1 7:15pm-8:15pm	10 CrossFit 10am-11am Boxing level 1 11:15am-12pm Open Gym 12:15pm-6:00pm ~Family Yoga 7-8pm
11 Mountain Biking 2-4pm Family Friendly Hike 11am-1pm	12 Family Climbing 6-9pm City Rock	13 Family Friendly Run Practice 5:30pm-6:30pm	14 Circuit Training 6-7pm	15 Yoga 5:30-6:30pm	16 Open Gym 3pm-9pm CrossFit 6pm-7pm Boxing level 1 7:15pm-8:15pm	17 CrossFit 10am-11am Boxing level 1 11:15am-12pm Open Gym 12:15pm-6:00pm ~Family Yoga 7-8pm
18 Mountain Biking 2-4pm	19 Climbing City Rock 6-9pm	20 Family Friendly Run Practice 5:30pm-6:30pm	21 Circuit Training 6-7pm	22 Yoga 5:30-6:30pm	23 Open Gym 3pm-9pm CrossFit 6pm-7pm Boxing level 1 7:15pm-8:15pm	24 CrossFit 10am-11am Boxing level 1 11:15am-12pm Open Gym 12:15pm-6:00pm Family Dinner 5pm-7pm Family Yoga 7-8pm
25 Mountain Biking 2-4pm	26 Family Climbing 6-9pm City Rock	27 Family Friendly Run Practice 5:30pm-6:30pm	28 Circuit Training 6-7pm	29 Yoga 5:30-6:30pm	30 Open Gym 3pm-9pm CrossFit 6pm-7pm Boxing level 1 7:15pm-8:15pm Loveland Ski Trip See other side for details	31 CrossFit 10am-11am Boxing level 1 11:15am-12pm Open Gym 12:15pm-6:00pm Family Yoga 7-8pm

<p align="center"><u>~Family Friendly Events~</u></p> <p>The events labeled Family/Family Friendly are open to all Phoenix Members. These events are also open to <u>family members (including children) enrolled in our Family Program.</u></p> <p>For more information about Family Programing please contact: Todd@Phoenixmultisport.org</p> <p align="center">**Special Events**</p> <p>Please see online calendar at www.phoenixmultisport.org for more information on all of our special events</p> <p>Loveland Ski/Board (Family, Friend and Team Member Event) FRIDAY 1/30 8AM-4PM Event Leader: Todd (719-217-9433) todd@PhoenixMultisport.org Please look at our online calendar for details or email Todd Jones todd@phoenixmultisport.org</p> <p>Free ski/snowboard lift tickets, lessons and rentals available for Phoenix Multisport Team Members that are not financially capable of making it up to the resorts and/or participants enrolled in Together Families Recover (TFR). First priority will be given to those with the most imminent financial need. Minors enrolled in TFR are welcome to attend with their parents. We encourage carpooling for the Friday day trips. Participants cancelling 3 days prior to the Friday events or later will be charged \$20/person.</p> <p align="center">***Family Friendly Hike*** Sunday 11am-1pm Event Leader: Todd (719-217-9433) todd@PhoenixMultisport.org Event Location: Garden of the gods Please look at our online calendar for details or email Todd Jones todd@phoenixmultisport.org</p> <p align="center">Family Friendly Run Practice Tuesdays 5:30pm-6:30pm Event Leader: Todd (719-217-9433) todd@PhoenixMultisport.org Event Location: 218 W Colorado Ave, Suite 102, 80903 Please look at our online calendar for details or email Todd Jones todd@phoenixmultisport.org</p>	<p align="center">**Indoor Climbing** Fridays 6-9 pm Event Leader: Todd (719-217-9433) Todd@PhoenixMultisport.org Location: City Rock- 21 N. Nevada Avenue, Colorado Springs, CO Pure Bouldering-1401 S 8th ST, Colorado Springs, CO</p> <p align="center">**CrossFit** An excellent full body work out! Mondays 6pm-7pm & Saturdays 10am-11am Event Leader: Rudy (720) 440-9175 Rudy@PhoenixMultisport.org Location: 218 W Colorado Ave, Suite 102, 80903</p> <p align="center">**Circuit Training** Wednesdays- 6:00-7:00 pm Event Leader: Rudy (720) 440-9175 Rudy@PhoenixMultisport.org Location: 218 W Colorado Ave, Suite 102, 80903</p> <p align="center">**Mountain Biking** Sundays- 2:00-4:00 pm Event Leader: Cara (503)-341-5920 Cara@PhoenixMultisport.org Location: 218 W Colorado Ave, Suite 102, 80903 Note: Please arrive at 5:30 if you would like to borrow a bike.</p> <p align="center">**Boxing Level One** Event Leader: Rudy (720) 440-9175 Rudy@phoenixmultisport.org Location: 218 W Colorado Ave, Suite 102, 80903</p> <p align="center">**Yoga** Thursdays – 5:30-6:30 pm & Saturdays – 7-8 pm Location: 218 W Colorado Ave, Suite 102 Colorado Springs, CO 80903 Event Leader: James (719)-201-0362</p>
<p>Always check www.phoenixmultisport.org, call the event leader, or call (719) 434-3387 for details on time and location for all events.</p>	<p align="center">---COS OFFICE ADDRESS: 218 W Colorado Ave, Suite 102, 80903---</p>

STATE LAUNCHES NEW CHILD ABUSE AND NEGLECT HOTLINE: 1-844-CO-4-KIDS

Hotline provides one statewide phone number for individuals to report suspected child abuse and neglect

FOR IMMEDIATE RELEASE

Dec. 31, 2014

(Denver) - The Colorado Department of Human Services (CDHS) will launch a new statewide child abuse and neglect hotline - **1-844-CO-4-KIDS** on Jan. 1. Governor Hickenlooper's Child Welfare Plan "Keeping Kids Safe and Families Healthy" called for the creation of the hotline to promote greater safety for Colorado's children.

1-844-CO-4-KIDS 

Noticing Child Abuse or Neglect Isn't Always Easy. Calling Is.

Colorado now has one toll-free number to report child abuse and neglect. Please use it.

Designed to provide one, easy-to-remember phone number for individuals to use statewide to report suspected child abuse and neglect, the hotline serves as a direct, immediate and efficient route to Colorado's 64 counties and two tribal nations, which are responsible for accepting and responding to child abuse and neglect inquiries and reports. All callers will be able to speak with a call-taker 24 hours a day, 365 days a year.

"Everyone in the community plays a role in the prevention of child abuse and neglect," said Reggie Bicha, executive director of the CDHS. "The statewide hotline is one more tool to help us keep kids safe and families healthy."

The new hotline system will capture critical information and ensure that calls across the state are handled quickly and appropriately with the ultimate goal of ensuring that no child is harmed.

To learn more about the Colorado Child Abuse and Neglect Hotline, go to www.colorado.gov/cdhs.

SCREAMFREE PARENTING (FLYER)

A ScreamFree Community Parenting Seminar hosted by ACS and the ScreamFree Institute takes place Jan. 29 from 5:30-9:30 p.m. at the HUB - building 1532. Register at www.eventbrite.com. Free dinner provided. No child care. For more information, contact Dr. Ken Robinson at 524-1991.

Army Community Service (ACS) Family Advocacy Program (FAP)



screamfree
PARENTING
SEMINAR

Thursday, January 29th 2015

5:30 p.m. to 7:30 p.m.
The HUB, Building 1532

For more info, call (719) 524-1991

Eventbrite

TRAUMATIC BRAIN INJURY (TBI) "BACK TO BASIC"

WHAT IS TBI?

BLAST INJURY

WHO? ANYONE WITH A TBI OR INTERESTED IN LEARNING MORE ABOUT TBI

WHAT? APPROXIMATELY ONE HOUR PRESENTATION WITH QUESTIONS, ANSWERS
AND RESOURCE INFORMATION

WHEN? AN OFFERING OF 4 IDENTICAL CLASSES - CHOOSE THE BEST TIME FOR YOU!

21 January 1130-1230 at WRC

28 January 1230-1330 at SFAC

28 January 1600-1700 at WRC (If people want it)

WHERE?

Soldier Readiness Processing Center (SRP) (BUILDING 1042-ROOM #224 or #204)

Warrior Recovery Center (WRC) (BUILDING 7489-Conference Room #121)

Soldier and Family Assistance Center (SFAC) (BUILDING 7492 Titus Blvd)

WHY? SO YOU CAN TAKE CARE OF YOURSELF OR YOUR BUDDY

PRESENTED BY:

ROBIN WININGER, MS, CBIS

REGIONAL EDUCATION COORDINATOR

FOR THE DEFENSE AND VETERANS BRAIN INJURY CENTER

THE TBI OPERATIONAL COMPONENT OF THE DEFENSE CENTERS OF EXCELLENCE

CALL: 719-526-8636

TO RESERVE YOUR SPOT AND FOR MORE INFORMATION!

Additional Classes for groups of 5 or more are available through coordination with DVVIC

THEATER OF WAR (FLYER)

Theater of WAR

Presented by Outside the Wire

A Dramatic Reading of Scenes from Sophocles' **AJAX**
A new version by Bryan Doerries



BRENDAN GRIFFIN

CHINASA OGBUAGU

Credits include:
Taking Chance
Generation Kill
The Good Wife

Credits include:
Law & Order
Nurse Jackie
Fringe

Theater of War is an innovative suicide awareness/prevention training that presents readings of Sophocles' *Ajax*, an ancient Greek war play, as a catalyst for town hall discussions about suicide, combat stress, alcohol and substance abuse, and the impact of war on individuals, families, and communities.

DATE: Wednesday, January 28, 2015
TIMES: 0800 – 0930
1030 – 1200
1330 – 1500
1800 – 1930
LOCATION: Fort Carson
McMahon Theater
1517 McDonald Street
Fort Carson, CO 80913

ADMISSION IS FREE. SEATING IS LIMITED.

Questions? Please contact charles.m.azotea.mil@mail.mil

TRANSLATED, DIRECTED & FACILITATED BY BRYAN DOERRIES
PRODUCED BY PHYLLIS KAUFMAN

Visit www.outsidethewirellc.com and www.facebook.com/TheaterofWar

OUTSIDE
THE WIRE

WINTER BASKETBALL AT THE ASYMCA (FLYERS)



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Winter Basketball Peewee clinics

Registration begins October 20 – December 16th. A \$10 late fee will be assessed if you register after December 16th. Financial assistance is available if needed. Register at the Southeast YMCA or online at www.ppymca.org

Ages

3-6 yrs. old coed *clinics on Saturday mornings*

When

Clinics run January 17th – March 7, 2015. 8 week Season!!!

Where

All clinics will be held at the Southeast YMCA on Saturday mornings and will last 1hr.

Member

\$35 (*T-shirt Included*)

Non-Member

\$50 (*T-shirt included*)

Additional Info:

Please contact Calvin Johnson at 622-3562 or Email at Cjohnson@ppymca.org

*Clinics will focus on fundamental skills that the kids will need to participate in the games as they get older. We will use the clinics each week to progress the skill level of all the kids in order to make sure they are ready to play in the games the final week of the clinic.



SOUTHEAST & ARMED SERVICES YMCA
2190 Jet Wing Drive
Colorado Springs, CO 80916
P 719.622.9622
F 719.622.3555

YMCA of the Pikes Peak Region
ppymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Registration Form (Please fill out completely)

Child's Name: _____ Age: _____ M F

Date of Birth: _____ School: _____ Grade (13-14 school year): _____

Address: _____ City: _____

Zip: _____ Home Phone: _____ Shirt Size: _____ Need a jersey? Y N

Parent/Guardian: _____ Work Phone: _____

Parent/Guardian: _____ Work Phone: _____

E-Mail Address: _____

I am willing to volunteer in support of this program as a:

Head Coach Assistant Coach Team Parent
 Referee

(Please fill out Coach's Application for Head Coach)

INFORMED CONSENT and WAIVER OF LIABILITY -

My child is in good health and capable of participating in the YMCA Youth Sports program. I understand the potential risks of injury and agree to assume responsibility for any medical expense associated with any injury incidental to the program. I do further release, absolve, indemnify, and hold harmless, the YMCA of the Pikes Peak Region, and/or any of the employees, volunteers, agents, insurers, or any other person associated with any or all of them, from and against any claims, demands, liability, cost of suits, damages, loss and/or judgments arising out of participation. In the event I cannot be reached in an emergency, I authorize YMCA staff to seek emergency assistance at my expense. I do hereby give my permission to use any photograph of myself/child for promotional purposes.

Parent Signature: _____ Date: _____

NOTE: If the Southeast YMCA does not receive enough participants to create 4 teams in each league, we will have to combine leagues with the Garden Ranch & Downtown YMCA. There will be a possibility that games will be played in the Downtown, Garden Ranch or Southeast YMCA areas on Saturdays.

SOUTHEAST & ARMED SERVICES YMCA
2190 Jet Wing Drive
Colorado Springs, CO 80916
P 719.622.9622
F 719.622.3555

YMCA of the Pikes Peak Region
ppymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Winter Basketball

Registration begins October 20th – December 16th. A \$10 late fee will be assessed if you register after December 16th. Financial assistance is available if needed. Register at the Southeast YMCA or online at www.ppymca.org

Ages

1st- 12th grade Boys and Girls (Recreational & Competitive)

When

Practices start the week of January 5th 2015.

Games run January 17th – March 7th. 8 week Season!!!

Where

Most practices will be held at the Southeast YMCA or surroundings schools gyms once a week on weeknights lasting 1hr.

Member

\$65 Recreational or \$85 *competitive (Jersey Included)*

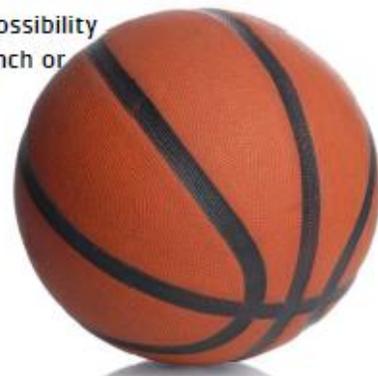
Non-Member

\$89 Recreational or \$109 *Competitive (Jersey included)*

Additional Info:

Please contact Calvin Johnson at 622-3562

*The Southeast YMCA will combine leagues with The Garden Ranch and Downtown YMCA's. There is a possibility that Games will be played in the Downtown, Garden Ranch or Southeast YMCA areas on Saturday's.



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2190 Jet Wing Drive
Colorado Springs, CO 80916
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Registration Form (Please fill out completely)

Child's Name: _____ Age: _____ M F
Date of Birth: _____ School: _____ Grade ('13-14 school year): _____
Address: _____ City: _____
Zip: _____ Home Phone: _____ Shirt Size: _____ Need a jersey? Y N
Parent/Guardian: _____ Work Phone: _____
Parent/Guardian: _____ Work Phone: _____
E-Mail Address: _____

I am willing to volunteer in support of this program as a:

Head Coach Assistant Coach Team Parent
 Referee

(Please fill out Coach's Application for Head Coach)

INFORMED CONSENT and WAIVER OF LIABILITY -

My child is in good health and capable of participating in the YMCA Youth Sports program.
I understand the potential risks of injury and agree to assume responsibility for any medical expense associated with any injury incidental to the program.
I do further release, absolve, indemnify, and hold harmless, the YMCA of the Pikes Peak Region, and/or any of the employees, volunteers, agents, insurers, or any other person associated with any or all of them, from and against any claims, demands, liability, cost of suits, damages, loss and/or judgments arising out of participation. In the event I cannot be reached in an emergency, I authorize YMCA staff to seek emergency assistance at my expense. The YMCA has my permission to use any photograph of myself/child for promotional purposes.

Parent Signature: _____ Date: _____

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YMCA of the Pikes Peak Region
ppymca.org

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